

Holiday Park Multiservice Senior Center

3950 Ferrara Drive, Wheaton, MD 20906

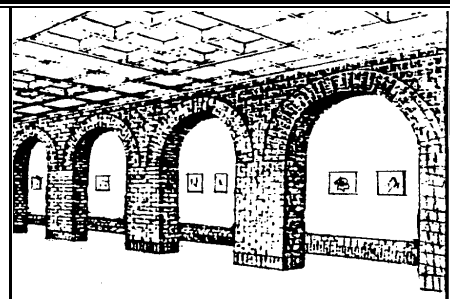
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240-777-



DEPARTMENT OF RECREATION
SENIOR ADULT PROGRAMS

CENTER HOURS
M-F 9:00 a.m. - 4:00 p.m.
w/seasonal Special Events



Come to Holiday Park...
Add Life To Your Years

SEPTEMBER 2006

GLOW Old at Holiday Park
November 2006
25th Anniversary Celebration

Front Page News

Our Number Has



240-777-

THE PAST, PRESENT & FUTURE of SOCIAL SECURITY

- ☐ Presented by a panel of national experts.
- ☐ Learn more about this essential government program.
- ☐ Questions answered about the future of Social Security.

September, 7, 11:00 a.m. ! Note time!

SETH KIBEL and The Alexandria Klezmet Klezmer, Jazz & Swing

Friday, September 15, 1:15 p.m.

Tickets required. . .
\$3.00 beginning now!

more music in September & October....

Singer/Guitarist Steve Little - Sept. 26

Deena Javor - Oct. 20

The Dale Jarret Trio - Oct. 31

FALL EXERCISE START-UP CLASSES

Register now for....

- ▶ Stability Ball
- ▶ Better Backs
- ▶ Yoga
- ▶ Line Dancing w/ Lynn
- ▶ JoAnne's Bone Building
- ▶ JoAnne's Energizing Build-up
- ▶ PACE
- ▶ Slow'n Easy Step w/Shirley
- ▶ Easy ABC Weight Training
- ▶ Squares, Circles & Contra Lines

Drop-in Exercise Classes... also available.

(see Classes Page for more information)

AGING WELL

- ♥ **NEW DIAGNOSTIC TECHNOLOGY:**
for Detecting Heart Disease

Dr. Lara Eisenberg - Mon., Sept. 11,

- ♥ **FLASHERS & FLOATERS: Protecting Your Retina**
Dr. Stephen Pappas - Thurs., Sept. 14

- ♥ **GRIEF & LOSS, HOPE & HEALING**
Franca Posner - Tues., Sept. 19

- ♥ **U of MD at HP Speech & Hearing Class**
begins Sept. 18 (see Classes page)

(See Health Page & 1:15 pm Programs)

LECTURES, LEARNING & CIVIC ENGAGEMENT

- ☐ **Movies w/ Messages** - Sept. 5 & 27
- ☐ **Steinburg on Jonson & Shakespeare**—Thurs., Sept. 7
- ☐ **The Hudson River School Painters** - Wed., Sept. 13
- ☐ **Opera Comedy with Irv Nurik**—Sept. 18, 25, Oct. 4 & 11

(See 1:15 & Special Programs)

The contents of this newsletter
can be found on-line at our
easy-access site:
www.holidaypark.us



Newsletter Sponsored by HPSI (Holiday Park Seniors, Inc.)

Information-containing advertisements do not constitute any involvement, support, or endorsement by Montgomery County Government, the Department of Recreation, or the individual facility or program.

SEPTEMBER 2006 LECTURES, LEARNING and...

Light



All programs begin at 1:15 and are free unless stated otherwise.

Space is limited for some programs and seating is not always guaranteed.

*A fee and/or **Registration is associated with this program. HPSI membership may support this program.

Speakers and programs are provided for informational purposes and do not constitute endorsement by Montgomery County Government.

***DANCE CLUB FRIDAY** - FEE: \$4.00, \$3.00 w/ HPSI Card. **Friday, September 1 1:15-3:15 p.m.**
Foxtrot, rumba, cha-cha, and more.... Music by John Brown Band with singer Dolly Bennof.
Light refreshments are served at the break.

***BINGO** - FEE: \$1.00 for two cards. **Friday, September 1**
Nutrition site manager Helen Horton calls the numbers. Winners get to choose from a variety of household items such as cereal, paper products and canned goods.

LABOR DAY - Center Closed, Holiday **Monday, September 4**

SHENANDOAH - A *Movies w/ Messages* selection w/ facilitator Gerald Schneider..... **Tuesday, September 5 1:15-3:15 p.m.**
James Stewart stars as a Virginia farmer during the Civil War who must account for his opposition to both slavery and war in this 1965 dramatic story with alternating moving and humorous moments.

WASHINGTON, D.C., Part 3 **Wednesday, September 6**
This travelogue, highlights the National Airport, Watergate, the Kennedy Center, Embassy Row, Ford's Theater, Georgetown & more. Presented by Roger Langsdorf.

THE PAST, PRESENT and FUTURE of SOCIAL SECURITY.....**Note time!** **Thursday, September 7 11:00 a.m.**
National experts on Social Security and Medicare will be speaking about the recent political fight to preserve Social Security and Medicare. They will talk about the dangers of privatization they believe could result in today's political climate. Presented by Barbara Kennelly, President, Max Richtman, Executive Vice President, National Committee to Preserve Social Security and Medicare, along with Hans Reimer, Washington Director *Rock the Vote* and candidate for Montgomery County Council. Learn more about this essential government program and the struggle to save it.

STEINBERG on BEN JONSON & WILLIAM SHAKESPEARE - Clarence Steinberg, Ph.D. **Thursday, September 7 1:15-2:30 p.m.**
A preview to a study of five plays by Ben Jonson, whose high-spirited, satirical and brilliant writing earned him a reputation as one of the great playwrights and poets of English literature. Writing at the same time as William Shakespeare, Shakespeare himself was in the cast of Jonson's second known play, *Everyman In His Humour*. Whether you take Steinberg's class or not, you will enjoy hearing about the wit and wisdom that endures from Jonson's writing.

***DANCE CLUB FRIDAY** - FEE: \$ 4.00, \$3.00 w/ HPSI card at the door. **Friday, September 8 1:15-3:15p.m.**
Music by Mike Surratt at the keyboard. Dance for the fun of it! Light refreshments provided.

NEW DIAGNOSTIC TECHNOLOGY FOR HEART DISEASE - Dr. Lara Eisenberg **Monday, September 11**
Dr. Eisenberg, Chairman of Radiology at Suburban Hospital has worked collaboratively with NIH to develop a new scanner that now performs early non-invasive coronary artery angiograms.

PRIMARY ELECTION DAY - Center Closed EXCEPT for VOTING..... **September 12**

THE HUDSON RIVER SCHOOL PAINTERS - Lecture and slides by Art Historian Joan Hart. **Wednesday, September 13**
The painters of the Hudson River School Painters were truly our first environmentalists, capturing not only the autumn splendor of the Hudson River Valley but other wonders of our continent including the majestic Rockies and the Sierra Nevada.

FLASHERS & FLOATERS: Protecting Your Retina - Presented by Dr. Stephen Pappas. **Thursday, September 14**
Dr. Pappas, Jr., M.D. , Ophthalmologist and Retina Specialist will address those small specks or

SEPTEMBER 2006 LECTURES, LEARNING and... *Some Things Light*



clouds dancing in your field of vision which can give the sensation of being hit in the eye and seeing stars. Sponsored by the Aging Eye Network of Prevention of Blindness Society.

- *SETH KIBEL & THE ALEXANDRIA KLEZTET** - Tickets: \$3.00 now! **Friday, September 15 1:15-2:45 p.m.**
 Seth Kibel & The Alexandria Kleztet perform Klezmer music along with some jazz favorites. Seth Kibel is currently the leader, clarinetist and flutist for the Alexandria Kleztet and was named three years in a row to be on the list of the Best World Instrumentalists. A wonderful afternoon awaits you!
- GREAT OPERA COMEDY** - DVD Opera with Irv Nurik. **Monday, September 18**
 In this first of four comedy operas Irv Nurik brings us *L'Italiana in Algeri* by Gioacchino Rossini. This comic opera was composed in 1813 but could have been written today. The musical language is relevant today and every one of the musical numbers is a gem. See Special Programs.
- GRIEF & LOSS, HOPE & HEALING** - See Special Programs. **Tuesday, September 19**
 Franca Posner, MSW, LCSW-C, CT is the Director of Holy Cross Hospice and works with both professionals and families to understand loss and its impact on overall health. Ms. Posner has worked with individuals and groups for twenty years. She will talk about grieving and suggest ways to recover in new meaningful ways. Sponsored by Holy Cross Hospital.
- ARIZONA** - A DVD Travelogue **Wednesday, September 20**
 From *Discovers...America* series by Bennett-Watt Productions, we will look at the remarkable natural beauty of the Grand Canyon, the Navajo Nation and Monument Valley Tribal Park with its sandstone spires and buttes, the Canyon de Chelly with ancient Anasazi ruins, the Saguaro National Monument, the Petrified Forest National Monument, the Colorado River and Lake Havasu.
- HISPANIC FESTIVAL** - English speakers are welcome. Tickets are required. **Thursday, September 21 1:00- 2:15 p.m.**
 Singer Luisa Rosa will join Disc Jockey Ken Sleeman in a celebration of Spanish music and dance and a chance for some fun karaoke. A limited number of tickets will be available beginning September 5. FREE.
- art:21-** This PBS video looks at artists of the 21st century **Friday, September 22**
 In this depiction of 21st Century art, this PBS digital video presentation hears from four artists who talk about their works and the use of new and varied media to respond to a swiftly changing world. Each artist highlights works through themes of place, identity, or spirituality.
- OPERA COMEDY: L'ELISIR D'AMORE** - An Opera with Irv Nurik program..... **Monday, September 25**
 This comic opera masterpiece by Donizetti is the story of Nemorino, the impoverished and not-very-bright peasant who worships the village's prettiest and richest young woman from a distance and wins her hand by dumb luck.
- SINGER/GUITARIST STEVE LITTLE** - FREE **Tuesday, September 26**
 This popular local entertainer is a phenomenal guitarist and sings songs from the American Songbook with a style that sounds like the original performers.
- GENTLMEN'S AGREEMENT** - A Movies w/ Messages selection..... **Wednesday, September 27 1:15-3:30 p.m.**
 Facilitator Gerald Schneider has us visit this 1947 movie where a director asks his audience to share a glimpse of life as a Jew. The choice may be to choose indifference or support the struggle against bigotry or anti-Semitism. Gregory Peck stars in this romantic drama.
- WASHINGTON D.C.** - A Travelogue by Roger Langsdorf **Thursday, September 28**
 See Washington and metropolitan Washington neighborhoods, the zoo, Kennilworth Gardens, Mount Vernon & more.

SEPTEMBER 2006 LECTURES, LEARNING and... *Some Things Light*



***DANCE CLUB FRIDAY** - FEE: \$4.00, \$3.00 w/ HPSI Card.
The music is provided by the John Brown Band with singer Benno. Light refreshments are served at the break.

Friday,
September 29
1:15-3:15 p.m.



SPECIAL PROGRAMS

It only happens once a year....



InfoEXP

Sunday, September 10, Noon - 4:00 p.m.
at White Flint Mall; N. Bethesda, MD

☺ Informative Exhibits ☺ Expert Speakers ☺ Health Screenings ☺ Entertainment
☺ Giveaways & Door Prizes

FREE! Call 301-949-9766 to register See enclosed flyer

HEALTH & WELLNESS

September/October 06 HEALTH LECTURES AND SEMINARS

Programs begin at 1:15 unless noted otherwise

♥ NEW DIAGNOSTIC TECHNOLOGY FOR DETECTING HEART DISEASE

Monday, September 11

Dr. Lara Eisenberg, Chairman of Radiology,
Suburban Hospital

♥ FLASHERS & FLOATERS: Protecting Your Retina **Thursday, September 14**

Dr. Stephen Pappas, Ophthalmologist/Retina Specialist
Sponsored by the Aging Eye Network
of the Prevention of Blindness Society

♥ GRIEF & LOSS, HOPE & HEALING **Tuesday, September 19**

Franca Posner, MSW, LCSW-C, CT
Director of Holy Cross Hospice
at Holy Cross Hospital

♥ The University of Maryland at Holiday Park **ASSISTED DEVICE CENTER OPEN HOUSE** **Sept. 19, 10-12**

Drop-in. Free consultation

♥ CREATING NEW CONNECTIONS **Tuesday, October 10**

Clinical Psychologist Carol Juran, Ph.D.

♥ OPTIMIZING SIGHTS & SOUNDS: **STAYING CONNECTED** **Thursday, October 12**

Dr. Lisa Lyles DeLeon, Audiologist
Dr. Garry Griswold, Low Vision Optometrist
Exhibits, Vision Screening and more....
In partnership with The Prevention of Blindness Society,
and Sibley Hospital

♥ A-VOIDING ISSUES **Thursday, October 19**

Urologist, Dr. Mark Rosenblum
Sponsored by Suburban Hospital

♥ ARTHRITIS & PAIN MANAGEMENT **Tuesday, October 24**

Sponsored by Holy Cross Hospital

♥ **FLU SHOTS** at Holiday Park **November 9, 9:15 – 11:30**

HEARTWELL: PREVENTIVE CARE AND MANAGING DISEASE

Heartwell is a partnership of Suburban Hospital and Montgomery County Senior Programs.

The Heartwell program provides support and education to individuals with cardiovascular disease. Suburban Hospital sponsors a cardiovascular care nurse and sponsors monthly wellness lectures at Holiday Park. Anna Stokes is our Tuesday-through-Thursday Heartwell Nurse. Another Heartwell nurse will be here on Mondays beginning September 11. Heartwell nurses are available for consultation and to communicate with doctors when there are concerns about symptoms or medications.

EXERCISE EQUIPMENT TRAININGS

Holiday Park has dedicated space for drop-in use of fitness equipment. The center has two treadmills, four elliptical cross-training machines, a universal weight station and stationary bikes. Everyone should consult his or her physician before beginning an aerobic exercise program. Exercise shoes are mandatory to use the fitness machines. We recommend that anyone unfamiliar with the equipment sign up for a free demonstration training session. Check at the reception desk to see when the next scheduled training will be.

JoAnne Zoladz, a personal trainer, offers private pay equipment demonstrations, advise on health benefits and recommends individual workouts. Half-hour sessions cost \$36.00 (\$30.00 w/HPSI card) and can be shared among three participants. JoAnne resumes her individualized training sessions on September 15th.

SPECIAL PROGRAMS, *continued*

TUESDAYS AT TEN - Dates: September 5, 12, 19 & 26



In a Rite-Aid grant funded project, Connelly Stewart, Licensed Clinical Professional Counselor will facilitate weekly group sessions at Holiday Park. Tuesdays at Ten A.M. offers participants an opportunity to talk about issues of family, health, staying connected and finding ways to meet new friends and build relationships. Your thoughts, ideas, concerns and questions are welcome. The Positive Aging Project Program Initiative is a partnership of Holiday Park and CCAS. *Drop in / Soothe your psyche!*

GRIEF & LOSS, HOPE & HEALING - Tuesday, September 19

France Posner, MSW, LCSW-C, CT, Bereavement Coordinator with Holy Cross Hospice.

It is not uncommon for people to have days of despare and "grief bursts" long after they have lost a loved one. Ms. Posner will focus this presentation on the process of recovery. She will talk about finding new activities and groups of friends, proactively planning ahead to fill empty spaces in your life, finding new meaning for older activities and even beginning new traditions.

THE PAST, PRESENT and FUTURE of SOCIAL SECURITY – A FORUM

Thursday, September 7, 11:00 a.m.

National experts on Social Security and Medicare will be speaking about the recent political fight to preserve Social Security and Medicare. They will talk about the dangers of privatization they believe could result in today's political climate. Presented by Barbara Kennelly, President, Max Richtman, Executive Vice President, National Committee to Preserve Social Security and Medicare, along with Hans Reimer, Washington Director *Rock the Vote* and candidate for Montgomery County Council. Learn more about this essential government program and the fight to save it. *Note time-11:00 a.m.*



LECTURES, LEARNING & CIVIC ENGAGEMENT

THE HUDSON RIVER SCHOOL PAINTERS: The Beauty of Autumn

Wednesday, September 13th, 1:15 p.m.

Joan Hart is Executive Director of Museum One, an arts organization service that brings art to the community. Joan has her masters in art history from Syracuse University and has been teaching art appreciation for twenty years. In this lecture and slide presentation she will take us on a journey into early America with Thomas Cole, Frederic Church, and other Hudson River School painters. These painters were truly our first environmentalists, capturing not only the autumn splendor of the Hudson River Valley but other wonders of our continent including the majestic Rockies and Sierra Nevada.

FOUR GREAT OPERA COMEDIES

DVD Opera with Irv Nurik

L'Italiana in Algeri by Rossini, *L'Elisir D'Amore* by Donizetti

Don Pasquale by Donizetti, *Barber of Seville* by Rossini

Irv Nurik shows these well known and entertaining opera comedies and talks about the composers and some of the performers such as Pavarotti, Sills, Flores, Horne, Kraus, and more who have kept these operas exciting.

Mondays, September 18 & 25, and Wednesdays, October 4 & 11, 1:15-2:15 p.m. FREE.

FIVE PLAYS BY BEN JONSON

Clarence Steinberg, Ph.D., retired University of Maryland Professor of English Literature

Class dates: **Mondays, September 11, 18, 25, and October 9 & 23, 10:00 – 12:00.**

Class FEE: **\$6.00 for the series.**

Four of Jonson's comedies the class will read are: *Volpone*, *Epicene*, *The Alchemist*, and *Bartholomew Fair*.

September 6, 1:15 p.m. - FREE class preview by Steinberg

Ben Jonson was Shakespeare's contemporary and fellow actor who wrote glowingly of Shakespeare but produced plays that sometimes competed for the same audience.

Learn about Shakespeare and Jonson in their historical context and what we know about their lives along with an overview of the plays they wrote.

SPECIAL PROGRAMS, *continued*

Lectures and Learning continued...

REALISM IN THE AMERICAN NOVEL

Diane B. Rowland, Ph.D. retired University of Maryland Professor of English Literature

Class dates: **October 16, November 20, December 18, January 22 & February 26**

Class FEE: **\$10.00 per class or \$40.00 for the series.**

During the later part of the 19th century and well into the 20th, the triumph of industrialism and the resulting importance of Big Business stimulated writers to explore the role of money, class, and place (that is, geographic setting) in determining peoples' destinies and making significant changes in American society. The novels of this time emphasized the everyday occurrences in the lives of ordinary men and women, rather than the adventures of heroic figures. The dates and titles of the five American novels to be reviewed are:

Oct. 16 - *The Bostonians* (1885) by Henry James

Nov. 20 - *The Rise of Silas Lapham* (1886) by William Dean Howells

Dec. 18 - *The Custom of the Country* (1913) by Edith Wharton

Jan. 22 - *Babbitt* (1922) by Sinclair Lewis

Feb. 26 - *An American Tragedy* (1925) by Theodore Dreiser

MEL GOODMAN ON *LIBERTY AND SECURITY IN AMERICA*

Mel Goodman is a Senior Fellow at the Center for International Policy in Washington D.C.

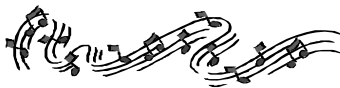
He is a nationally known expert on International Policy.

Wednesday, October 18, 1:15 p.m.

Every war has led to restrictions on U.S. liberty. President Roosevelt interred Japanese Americans during World War II and several other Presidents used their power to restrict the rights of U.S. citizens. Mel Goodman, will present the history of these Presidential powers and raise questions about liberty and security in America today.

Free. Register at the Service Desk.

DANCE CLUB FRIDAY & MUSICAL PERFORMANCES



MUSICAL PERFORMANCES

Eighty (80) percent of Holiday Park's musical entertainment is supported by HPSI (*Holiday Park Seniors, Inc.*), with additional support from MCRD (*Montgomery County Department of Recreation*) or community grants. Performances are at **1:15 p.m.** unless stated otherwise.

♪ **SETH KIBEL & THE ALEXANDRIA KLEZTET**

Friday, September 15

Tickets required, \$3.00 now.

♪ **Singer/Guitarist Steve Little - Tuesday, September 26 FREE.**

♪ **Singer/Pianist Deena Javor – Friday, October 20, FREE**

♪ **The Dale Jarrett Trio, Oct. 31.**

Tickets \$2.00 w/HPSI Card, \$3.00 without Card.



DANCE CLUB FRIDAY

Holiday Park Tea Dances are sponsored by HPSI . Dances are from 1:15 - 3:15 p.m.

The fee is **\$4.00** unless stated otherwise.

Light refreshments are served during a short break.

September and October dance dates are: **Fridays, September 1, 8 & 29 & October 13 & 27**

HOLIDAY PARK NEWS and NOTES

HOLIDAY PARK SENIORS, INC (HPSI) WELCOMES NEW ADVISORY BOARD MEMBERS -

The July HPSI Advisory Board Election brings four newly elected board members: Merle Biggin, Stanley Cohen, Barbara Fleischer & Gerry Jones. They will be joining Estelle Eisenberg, Betty Jordan and Catherine Kostakos in advocating and supporting Holiday Park's programs, classes and facility.

HOLIDAY PARK GIFT SHOP SUMMER SCHEDULE - The Gift Shop's summer hours are Tues-Fri, 9:30 am - 1:00 pm (closed on Mondays). Regular hours (Monday thru Friday) will resume Mon., Sept. 11. Note that the Gift Shop accepts consignments on Wednesday mornings only (except for jewelry - Tues. mornings only - 15 item limit).

PRIMARY ELECTION DAY - Voting is our right and responsibility. **Holiday Park will be CLOSED for voting on Tuesday, September 12 (Primary Election Day) and Tuesday November 7 (Election)**

HOLIDAY PARK'S 25TH ANNIVERSARY - Holiday Park Silver: Time Out To Glow Old. A month-long celebration of musical performances and recognition of charter members and long-time supporters.

♫ **The Dale Jarrett Trio, Tues., Oct. 31,**

♫ **Seymour Greene & Friends Big Band Sound, Fri., Nov 3**

♫ **The Baltimore Symphony Orchestra Brass Quartet, Mon., Nov. 13**

♫ **The Red Hot Rockabilly with Vintage Honky Tonk by J.P. McDermott, Mon., Nov. 20**

COMMUNITY ANNOUNCEMENTS

CANDIDATES FORUM 2006 - Thursday, October 5, 8:30 a.m.

It's election year and here's your golden opportunity to question and listen to the winners of the Primary Election. This forum will deal strictly with issues regarding seniors. Let the candidates see how many of you care about the quality of life for older adults in Montgomery County. **Become informed. Spread the word. Bring a friend.**

PUBLIC FORUMS SEEKING INPUT INTO COMPREHENSIVE PLAN FOR SENIORS

County Executive Douglas M. Duncan's Senior Plan Advisory Committee is sponsoring a series of public forums to gather input for a comprehensive strategic plan for Montgomery County seniors. *What do we need to do to ensure that Montgomery County is a great place to age?* Join County Officials at one of the upcoming forums to make sure your concerns and opinions are included. Forums are scheduled for:

Friday, Sept. 15, 1-3 p.m.

Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring

Wednesday, Sept. 20, 6:30-8:30 p.m.

Upper County Community Center

8201 Emory Grove Road, Gaithersburg

Tuesday, Oct. 10, 6:30-8:30 p.m.

Executive Office Building-Lobby Auditorium

101 Monroe Street, Rockville

Wednesday, Oct. 13, 11:00 a.m. - 1:00 p.m.

Long Branch Senior Center

8700 Piney Branch Road, Silver Spring

Wednesday, Sept. 27, 6:30-8:30 p.m.

Bethesda-Chevy Chase Regional Services Center

4805 Edgemoor Lane, Bethesda

If you cannot attend a forum but would like to make suggestion about the future of seniors in Montgomery County, call the Senior Plan Comment Line at **240-777-1120** or e-mail to ***SeniorPlan@montgomerycountymd.gov***. For information about the forums, please call **240-777-1131**.

CAREGIVERS WORKSHOP - Individuals who provide care for people 60 and older. Workshops will be held at Holiday Park Multiservice Senior Center. from 1:30-2:30 p.m. on the following **Mondays**:

- Sept. 18 - Getting Organized About Caregiving
- Sept. 25 - Caregiving From a Distance & Family Dynamics & Caregiving
- Oct. 2 - Support Services and Housing Option.
- Oct. 16 - Medical and Health Issues In Caregiving
- Oct. 30 - Fall Prevention for Caregivers

Call Linda Hickman at 240-777-1720 for more information

CLASSES – SEPTEMBER/OCTOBER 2006

HOLIDAY PARK SENIORS, INC. (HPSI) SPONSORED CLASSES

REGISTRATION & PAYMENT POLICY - Registration begins the first of each month unless otherwise noted. All refund requests must be made in writing. Class refunds requested at least three working days prior to the first class will be refunded at 100% of the fee. Classes that are joined late are not prorated. You may register yourself and one other person for each class. HPSI-sponsored classes have two fees listed: one for HPSI members & one for non-members. You must show your HPSI membership card to qualify for the lower HPSI class fee.

FITNESS & DANCE CLASSES

REGISTRATION REQUIRED

- o **AS EASY AS ABC'S ... Exercise Class** - Agility, balance, and coordination will all be improved through a variety of weight training (using 2-3 lb weights-bring your own) and mat/stability exercises that encompass all of the major muscle groups in the body. With an emphasis on proper form & technique, the class will focus on exercises that increase muscular strength and endurance, as well as balance, range of motion, and bone density. The class is funded by the **Suburban Hospital Heartwell Program & HPSI**. Taught by Matthew Rundell. Fee for 10 sessions: \$15.00 w/HPSI Card, \$20.00 w/o Card.
 - Advance I:** Begins **Wed., Sept. 6** from **9:30-10:30**
 - Advance II:** Begins **Fri., Sept. 8** from **10:00-11:00**
 - Beginners:** Begins **Fri., Sept. 8** from **11:00-noon**.
- o **LINE DANCE W/LYNN** - Choose from a variety of skill levels and learn some great dance steps - and get exercise too! (*Please talk to instructor Lynn Osborne if you are registering for an intermediate or advanced class and have not been in one of her classes before.*) Fee for ten 1-hour sessions (weeks): \$30.00. For eight 1-hour sessions (weeks): \$32.00. Add \$6.00 w/o HPSI Card. Existing students given priority at registration.
 - BEGINNERS** - Begins **Mon., Sept. 11** from **1:30-2:30**. 10 weeks.
 - ADV. BEGINNER** - Begins **Mon., Sept. 11** from **3:30-4:30**. 10 weeks.
 - ADV. BEGINNER PLUS** - Begins **Wed., Sept. 13** from **1:00-2:00**. 10 weeks.
 - INTERMEDIATE:**
 - SECTION I** - Begins **Mon., Sept. 11** from **2:30-3:30**. 10 weeks.
 - SECTION II** - Begins **Tues., Sept. 5** from **2:30-3:30**. 10 weeks.
 - ADVANCED** - Begins **Thurs. Sept. 14** from **10:00-11:30**. 8 (1-hr) sessions.
- o **BONE BUILDING WORKOUT** - This class concentrates on toning, strengthening, and stretching the major muscle groups while sitting, standing, or on a mat. Bring hand weights (2-5 lbs.) and mats. Dyna-bands or elastic tubing (provided by instructor) are used. Fee for 13 sessions is \$33.00 w/HPSI Card, \$39.00 w/o card. Taught by Joanne Zoladz.
 - SEC. I** - Begins **Wed., Sept. 6** from **11:15-12:15**
 - SEC. II** - Begins **Fri., Sept. 8** from **10:00-11:00**
- o **ENERGIZING EXERCISE** - Low-to-moderate intensity aerobic workout designed to strengthen and tone muscles, promote flexibility, and improve posture. Bring mats and weights. Fee for 13 sessions: \$33.00 w/HPSI Card, \$39.00 w/o. Taught by Joanne Zoladz.
 - SEC. I:** Begins **Wed., Sept. 6** from **10:00-11:00**
 - SEC. II:** Begins **Fri., Sept. 8** from **11:30-12:30**.
- o **PACE (People w/Arthritis Can Exercise)** - PACE is a low-impact exercise program designed for older adults with limited joint flexibility, range of motion, and muscle strength. Fee for 8 sessions: \$22.00 w/HPSI Card, \$26.00 w/o Card. Taught by Shirley Lloyd. Begins **Thurs., Sept. 28** from **11:00-Noon**.

- o **SLIMNASTICS** - This energized aerobic workout will focus on building strength, stamina and flexibility to keep you moving. It will be a combination of standing and mat work. There will also be a segment for abs and back included. Bands will be provided. You must bring a mat and your own weights. Fee for 8 sessions: \$22.00 w/HPSI Card, \$26.00 w/o Card. Taught by Shirley Lloyd. Begins **Mon., Oct. 9** from **10:30-11:30**.
- o **SLOW AND EASY STEP** – Slow step workout using weights and bands. Training designed to improve balance, strength and agility. Additional exercises will be performed on the step for abs, back, legs and arms. Steps, bands and weights provided. Limited to 10 participants. First class is free. Fee for 8 sessions: \$20.00 w/HPSI Card, \$23.00 w/o Card. Taught by Shirley Lloyd. Begins **Thurs., Sept. 7** from **10:00-10:45**.

CLASSES – SEPTEMBER/OCTOBER 2006, *continued*

- o **SQUARES, CIRCLES & CONTRA LINES** – These forms of American folk dancing provide easy aerobic fitness, gait and balance and brain exercise and a fun way to meet new people. Contra dancing includes the same basic moves as square dancing. Most of the steps are a simple walk to the music. The caller helps everyone through the steps before the music starts and prompts the dancers during the dance. No partner or experience required – everyone is welcome! First class is free. Fee for 10 sessions meeting once per week: \$30.00 w/HPSI Card, \$36.00 w/o Card. Taught by Flo Cadwell.
SECTION I - begins **Mon., Sept. 11** from **9:00-10:00**.
SECTION II - begins **Wed., Sept. 13** from **2:30-3:30**.
- o **STABILITY EXERCISE W/BALL** - Utilize exercise ball to strengthen core as well as improve posture and flexibility. **Class is sponsored by the J.B. and Maurice Shapiro Foundation from Suburban Hospital.** Registration fee: \$5.00. Exercise Balls are available for purchase through the instructor for \$10.00. Taught by Matthew Rundell. Begins **Mon., Sept. 11** from **9:00-10:00**. 10 sessions.
- o **STRONG BACKS/HEALTHY BACKS** – Learn how to enhance back health in this 45-minute class by focusing on better posture, strengthening and stretching the back muscles, and by strengthening the supporting abdominal muscles. Establish good habits when it comes to sitting, lifting, carrying objects and while performing your daily activities. Majority of exercises will be done while standing and sitting. Some mat work will be done. If you are unable to get down on the floor, modifications will be discussed and demonstrated. Bring your own mat to class. Fee for 13 sessions: \$30.00 w/HPSI Card, \$36.00 w/o. Taught by Joanne Zoladz. No class Nov. 22. **Wednesdays**, begins **Sept. 6** from **12:30-1:15**.
- o **GENTLE YOGA CLASSES** - An easy-going yoga class for seniors. Gentle movements and postures will improve flexibility, balance and strength, and enable deeper relaxation and better sleep. Fee: \$30.00 w/HPSI Card, \$36.00 w/o card for 12 sessions.
LEVEL I: Begins **Mon., Sept. 11** from **10:30-11:30**.
LEVEL II: Begins **Mon., Sept. 11** from **11:45-12:45**.
- o **YOGA AND MEDITATION** - Join us for a half hour of gentle stretching and relaxation techniques followed by a half hour of meditation. Learn specific methods of meditation that will take you inside yourself where you will learn to observe the mind and the breath and sit in silence. Chairs will be used for meditation practice. Bring blanket/shawl to class. Fee for 12 sessions: \$30.00 w/HPSI Card, \$36.00 w/o Card.
Meets Fri., Sept. 8 from **9:00-10:00**.
- **NO REGISTRATION REQUIRED**
 - o **DROP-IN / FEE CLASSES:** Note: Please see instructor for exception dates.
 - **CHAIR EXERCISES:** Designed for beginners and those seeking a less strenuous exercise. Fee: \$1.00 per class. Purchase coupons in office. Taught by Shirley Lloyd. **Mondays** from **11:30-12:00**.
 - **CHAIRMASTER CHAIR EXERCISES:** These drop-in exercise classes are designed for those just beginning an exercise routine and/or those looking for an exercise class that is less strenuous than the aerobic type classes. Fee: \$1.00 for _-hour session - purchase coupons at the office. Taught by Joanne Zoladz. **Fridays** from **11:00-11:30**. Begins **Sept. 8**.
 - **EASY FIT DANCING** - A dance-style class designed to improve flexibility and balance. All routines can be done sitting or standing. Fee: \$1.00 per class - purchase coupons in office. Taught by Marcia Young. Start any time, space permitting. **Tuesdays** and **Thursdays** from **11:00-11:45**.

- **INTERNATIONAL FOLK DANCING** - A repertoire of music and ethnic dances that will get you fit and at the same time, be fun. Taught on alternate weeks by Sharon Katz, locally acclaimed folk-dance teacher and performer, and Holly & Ruth, Holiday Park folk dancers extraordinaire. Purchase \$1.00 coupons at the front desk. **Fridays from 11:00-12:00.**
- o **DROP-IN / FREE CLASSES:** Note: Please see instructor for exception dates.
 - **TAI CHI** - Increase your body's awareness and improve your flexibility. Fun, easy & effective! Free. Meets **Tuesdays & Fridays, 9:00-10:00, & Thursdays, 9:30-10:30.**

Continued on page 12

SEPTEMBER CLASSES AND GROUPS

* New session begins * New (first time at Center) ** Community Sponsored
 *** Sponsored by Holiday Park Seniors, Inc. **** Dept. of Recreation Arts & Leisure Section Class

MONDAY

*Stability Exercise w/Ball.....	9-10.....	Pre-reg. req. Fee. Begins 9/11. ***
*Squares, Circles & Contra Lines, Sect. 1 ..	9-10.....	Pre-reg. req. Fee. Begins 9/11. ***
*Basic Bridge II	9:30-11:30.....	Pre-reg. req. Fee. Begins 9/11. ***
Gavel Club.....	10-11:30.....	Meets 1st and 3rd Monday.
Behind the Headlines w/Frank	10-11:30.....	Meets 2nd & 4th Monday. Drop-in. Free.
*Coping with Hearing Loss.....	10-11:30.....	Pre-reg. req. Fee. Begins 9/18. **
*Yoga I.....	10:30-11:30.....	Pre-reg. req. Fee. Begins 9/11. ***
Ceramics Workshop, Sec. C.....	10-2.....	Pre-reg. req. Fee. ***
Slimnastics	10:45-11:45.....	Pre-reg. req. Fee. ***
*Buy/Sell on EBAY	11-1.....	Pre-reg. req. Fee. Begins 9/25. ***
*Intro to Microsoft Word	11-1.....	Pre-reg. req. Fee. Meets 9/11. ***
Chair Exercises.....	12:00-12:30.....	Drop-in. Fee. *** Buy \$1.00 tickets in office.
*Yoga II	11:45-12:45.....	Pre-reg. req. Fee. Begins 9/11. ***
*Intermediate Bridge II	1-3.....	Pre-reg. req. Fee. Begins 9/11. ***
Pinochle Group.....	1-3:30.....	Everyone Welcome. Drop-in.
*Line Dance, Beginners	1:30-2:30.....	Pre-reg. req. Fee. Begins 9/11. ***
Advanced ESOL.....	2:00-3:00.....	Drop-in.
*Line Dance, Intermediate, Sect. I.....	2:30-3:30.....	Pre-reg. req. Fee. Begins 9/11. ***
*Line Dance, Adv. Beginner.....	3:30-4:30.....	Pre-reg. req. Fee. Begins 9/11. ***

TUESDAY

Tai Chi.....	9-10.....	Drop-in. Free
Plant Care Group.....	9-11:30.....	Visit & enjoy. ***
*Everybody Has a Story to Tell	9:45-11:45.....	Pre-reg. req. Fee. Begins 9/19. ***
Walk & Talk w/Anna	10-11.....	Drop-in. Free. Meet in Lobby.
Tuesdays at Ten.....	10-12.....	Drop i-in. Free. **
*Variety Dance.....	10-11.....	Pre-reg. req. Fee. Begins 9/26. ****
*Chinese Brush Painting	10-12.....	Pre-reg. req. Fee. Begins 9/5. ***
*ESOL, Beg. to Intermediate.	10:30-12.....	Pre-reg. req. Fee. Begins 9/19. ***
*Welcome to the Internet	10-12:30.....	Pre-reg. req. Fee. Meets 9/26 & 10/3. ***
Easy Fit Dancing	11-11:45.....	Drop-in. Fee. *** Buy \$1.00 tickets in office.
Lung Exercise Group	11-12.....	Ongoing. Must reg. w/instructor.
Positive Adjustment to Aging	1-2:15.....	Must Reg. w/Counselor. (See Center Services)**
*Computer Basics	1-3.....	Pre-reg. req. Fee. Meets 9/19 & 9/26. ***
*Spanish Beginners	1:30-2:30.....	Pre-reg. req. Fee. Begins 9/5. ***
*Line Dance, Intermediate	2:30-3:30.....	Pre-reg. req. Fee. Begins 9/5. ***

WEDNESDAY

Chess Club.....	9-12.....	Exercise the mind. Drop-in. Free.
*Easy as ABC, Advance I.....	9:30-10:30.....	Pre-reg. req. Fee. Begins 9/6. ***
*Basic Bridge I.....	9:30-11:30.....	Pre-reg. req. Fee. Begins 9/13. ***
*Energizing Exercise, Sect.1.....	10-11.....	Pre-reg. req. Fee. Begins 9/6. ***
RSVP Workshop.....	10-12.....	Make items for charities. Drop-in.
Computer Lab-Open Hours.....	10-1.....	Drop-in. Fee: (Buy \$2.00 tickets at office.)
Update Your Computer.....	10-1.....	Ongoing. Pre-reg. req. Fee. ***
Ceramics Workshop, Sec. A.....	10-2.....	Reg. req. Fee. ***
Tai Chi 18 Movements.....	10:30-11:15.....	Free. Drop-In.

SEPTEMBER CLASSES AND GROUPS, *continued*

Wednesday Continued

*Bone Building.....	11:15-12:15.....	Pre-reg. req. Fee. Begins 9/6. ***
*Strong Backs/Healthy Backs.....	12:30-11:15.....	Pre-reg. req. Fee. Begins 9/6. ***
Duplicate Bridge.....	12:45-3:30.....	Sign up 12 noon. Fee. ***
*Squares, Circles & Contra Lines, Sect.2.....	2:30-3:30.....	Pre-reg. req. Fee. Begins 9/13. ***

THURSDAY

*Intro to Windows XP.....	9-11.....	Pre-reg. req. Fee. Begins 9/21. ***
*55 Alive.....	9-1.....	Pre-reg. req. Fee. Meets 9/28. **
Tai Chi Chuan.....	9:30-10:30.....	Drop-in. Free.
*Play of the Hand.....	9:30-11:30.....	Pre-reg. req. Fee. Begins 9/14. ***
Walk & Talk w/Anna.....	10-11.....	Drop-in. Free. Meet in Lobby.
English for Spanish Speakers.....	10-11:30.....	Drop-in. Free
*Intermediate Line Dance.....	10-11:30.....	Pre-reg. req. Fee. Begins 9/14. ***
*Slow and Easy Step.....	10-10:45.....	Pre-reg. req. Fee. Begins 9/7. ***
Ceramics Workshop, Sec. B.....	10-2.....	Reg. req. Fee. ***
Photography Club.....	10:15-11:30.....	Drop-in. Free. 1st & 3rd Thursday.
*ESOL, Beg. to Intermediate.....	10:30-12.....	Pre-reg. req. Fee. Begins 9/19. ***
Easy Fit Dancing.....	11-11:45.....	Drop-in. Fee. *** Buy \$1.00 tickets at the office.
*PACE (People w/Arthritis Can Exercise).....	11-12.....	Pre-reg. req. Fee. Begins 9/28. ***
*Intro to Microsoft Word.....	11-1.....	Pre-reg. req. Fee. Meets 9/14. ***
*Buy/Sell on EBAY.....	11-1.....	Pre-reg. req. Fee. Meets 9/28. ***
*Spanish, Intermediate.....	1-2:30.....	Pre-reg. req. Fee. Meets 9/7. ***
Pinochle Group.....	1-3:30.....	Everyone welcome. Drop-in.
*Show Dance.....	2:30-3:30.....	Pre-reg. req. Fee. Begins 9/28. ****
*Latin Dance.....	2:30-3:30.....	Pre-reg. req. Fee. Begins 9/28. ****

FRIDAY

Tai Chi.....	9-10.....	Drop-in. Free.
*Yoga & Meditation.....	9-10.....	Pre-reg. req. Fee. Begins 9/8. ***
Plant Care Group.....	9-11:30.....	Visit & enjoy. ***
*55 Alive.....	9-1.....	Pre-reg. req. Fee. Meets 9/29. **
Writing with Frank.....	10-11:30.....	Drop-in. Free.
Chess Club.....	10-12.....	Drop-in. Everyone welcome.
*Easy as ABC, Advance II.....	10-11.....	Pre-reg. req. Fee. Begins 9/8. ***
*Bone Building.....	10-11.....	Pre-reg. req. Fee. Begins 9/8. ***
Chair Exercises.....	11-11:30.....	Pre-reg. req. Fee. Begins 9/8. ***
*Easy as ABC, Beginner.....	11-12.....	Pre-reg. req. Fee. Begins 9/8. ***
*Easy as ABC, Beginner.....	11-12.....	Pre-reg. req. Fee. Begins 9/8. ***
International Folk Dancing.....	11-12.....	Drop-in. Fee. *** Buy \$1.00 tickets in office.
*Energizing Exercise, Sect.2.....	11:30-12:30.....	Pre-reg. req. Fee. Begins 9/8. ***

Woodcarving	1-3	All levels welcome. Drop-in.
Pinochle Group.....	1-3:30	Everyone welcome. Drop-in.
Pairs Party Bridge.....	1-3:30	Sign-/up begins at 12:45. Drop-in.
Meditation	1:15-2:30.....	Drop-In. Free.



CLASSES – SEPTEMBER/OCTOBER 2006, *continued*

- **TAI CHI** - The 18 movements of Tai Chi are explored and practiced in this session - incorporate breathing and movement. This will help your balance and create an aura of well being and good health. Taught by Billy Dizon. FREE. Space limited. Meets **Wednesdays** from **10:30-11:15**.
- **WALK & TALK** - **Tuesdays & Thursdays** from **10:00-11:00**. Heartwell nurse Anna Stokes, Suburban Hosp., leads an easy walk around the neighborhood (weather permitting). Meet in the lobby. FREE.

COMPUTER EDUCATION



COMPUTER LAB practice sessions and computer support with Bruce Longyear are available on Wednesdays from 10:00 a.m. to 1:00 p.m. Purchase \$2.00 tickets at the front counter.

• **COMPUTER SKILLS**

- o **COMPUTER BASICS** - For those who have not yet had an opportunity to become familiar with computers, but who feel they are missing out on a very popular aspect of our modern culture. Beginners will feel perfectly comfortable in this class. All will have fun while we learn together. We will avoid the use of technical jargon and discuss everything in common English. Questions will be encouraged, no matter how basic. Fee for two 2-hour classes: \$19.00 w/HPSI Card, \$22.00 w/o Card. Taught by Roland Davis. Meets **Tuesday, Sept. 19 & 26** from **1:00-3:00**.
- o **COMPUTERS FOR ADVANCED BEGINNERS** - This course is for those who feel that they are fast learners or have some experience with the mouse and computer keyboard but need to refresh their knowledge. Fee for two 2-hour classes: \$19.00 w/HPSI Card, \$22.00 w/o Card. Taught by Roland Davis. Meets **Tuesdays, October 17 & 24** from **1:00-3:00**.
- o **DIGITAL PHOTOGRAPHY** - Prerequisite: Ability to perform moderate to complex computer tasks and focus on the current subject while going back and forth between open programs using Windows XP, or '98 (2nd Ed.). Must bring to class: digital camera, USB cable & AC adapter, your own computer (may also work with "own" software program for picture editing -*please include: name, make and model of the specific program, i.e., Paintshop, Photoshop, Adobe, etc.*). Camera name & model will be needed on the registration sheet. Fee for two 2-hour sessions: \$10.00 w/HPSI Card, \$12.00 w/o card. Taught by Bruce Longyear. Meets **Mon., Oct. 16 & Thurs., Oct. 19** from **11:00-1:00**.
- o **INTRO TO MICROSOFT WORD (INCLUDES WORDPERFECT)** - Learn how to use different letter types (fonts), find out how to copy, cut, paste and do a plethora of commands that will allow you to expand what you can do with your word processing programs. Fee for two 2-hour sessions: \$12.00 w/HPSI Card, \$14.00 w/o Card. Taught by Bruce Longyear. Meets **Mon., Sept. 11 and Thurs., Sept. 14** from **11:00-1:00**.
- o **INTRODUCTION TO WINDOWS XP - Level 1** - Designed for the entry level computer student who wishes to learn the XP components (the basics, system hardware, personalizing your XP environment; & working with files). Prerequisite: Keyboarding and mouse skills. Fee for four 2-hour classes (4 weeks): \$28.00 w/HPSI Card, \$33.00 w/o Card. Taught by Roland Davis. Begins **Thurs., Sept. 21** from **9:00-11:00**.
- o **UPDATE YOUR COMPUTER** - Bring your computer "box" and have it updated via the Microsoft web site. A must for dial-up users and anyone whose computer is not updated with the MOST CURRENT Microsoft updates. Fee: \$5.00 per hour. Computer must be left at Holiday Park for entire day.

Wednesdays at 10:00.

• **INTERNET/EMAIL:**

- o **BUY/SELL ON EBAY** - Learn how to use the popular on-line market place. Fee for two 2-hour sessions: \$15.00 w/HPSI Card, \$18.00 w/o card. Taught by Bruce Longyear.
Meets **Mon., Sept. 25 & Thurs., Sept. 28** from **11:00-1:00**.
- o **WELCOME TO THE INTERNET** - For those who have had some training and/or experience with the computer (use of the mouse and familiarity with Windows) and now want to expand their experience using the Internet. Fee for two 2-hour sessions: \$22.00 w/HPSI Card, \$26.00 w/o Card. Taught by Harry Bennett.
Meets **Tues., Sept. 26 & Oct. 3** from **10:00-12:30**.

CLASSES – SEPTEMBER/OCTOBER 2006, *continued*

ARTS, LANGUAGE & SPECIAL INTEREST

- **CHINESE BRUSH PAINTING** - Learn this beautiful and ancient art form. Fee for 10 sessions: \$100.00 w/HPSI Card, \$120.00 w/o Card. Taught by Helene McCarthy.
Begins **Tues., Sept. 5** from **10:00-12:00**.
- **CERAMICS WORKSHOPS** - Held on **Mon., Wed. and Thurs.** from **10:00-2:00**. No instructor but experienced participants assist newcomers. Space limited. See the workshop coordinator. Participants buy their own greenware.
Section A - Begins **Wed., Sept. 13**. 8 wks. \$8.00 w/HPSI Card, \$9.00 w/o Card.
Section B - Begins **Thurs., Sept. 14**. 8 wks. \$8.00 w/HPSI Card, \$9.00 w/o Card.
Section C - Begins **Mon., Sept. 18**. 7 wks. \$7.00 w/HPSI Card, \$8.00 w/o Card.
- **ESOL (English for Speakers of Other Languages)** - For those who have basic English skills.
Mondays from **2:00-3:00**. Drop-in. FREE. Taught by Flo Orbach.
- **ESOL (English for Speakers of Other Languages)** - Beginner to intermediate level. 8 weeks. Materials fee \$5.00. **Tuesdays and Thursdays**, begins **Sept. 19** from **10:30-12:00**.
- **EVERYBODY HAS A STORY TO TELL** - Elizabeth Henley, NYU Professor & Writer & Story Coach, will inspire participants to *Telling Your Personal Story*. Includes “notes” book, lots of prompts and in-class fun. Fee for 6-session workshop: \$18 w/HPSI Card, \$21 w/o Card.
Begins **Tuesday, Sept. 19** from **9:45 - 11:45 a.m.** Will not meet Oct. 10 & 31.
- **SPANISH, Beginners** - Basic conversational Spanish - 10 weeks. Taught by Jo Feliciano.
Begins **Tues., Sept. 5** from **1:30-2:30 p.m.** Fee: \$22.00 w/HPSI Card, \$25.00 w/o Card (includes materials).
- **SPANISH, Intermediate** - complete review using the book “Spanish Made Simple.” A nodding acquaintance with Spanish is recommended - 10 weeks. Taught by Flo Orbach.
Begins **Thurs., Sept. 7** from **1:00-2:30 p.m.** Fee (w/book): \$30.00 w/HPSI Card, \$35.00 w/o Card.

BRIDGE CLASSES - Accepted students will be notified by phone. Fee for 10 sessions: \$40.00 w/HPSI Card, \$48.00 w/o Card. Taught by Sunny Levin.

- **BASIC BRIDGE I** - Entry level. Creating partnership understanding in all bids. Starts **Wed., Sept. 13** from **9:30-11:30**.
- **BASIC BRIDGE II** - Pre requisite: completion of Basic Bridge I. Includes overcalls, doubles, slam bidding, etc. Introducing a ‘bridge game for two.’ Starts **Mon., Sept. 11** from **9:30-11:30**.
- **INTERMEDIATE II** - Pre-requisite: Intermediate I. Complete American Standard Bidding System and the most popular conventions. Starts **Mon., Sept. 11** from **1:00-3:00**.
- **PLAY OF THE HAND** - Pre-requisite: Intermediate Bridge I & II. Learning how to plan the play of a hand and make difficult contracts. Starts **Thurs., Sept. 14** from **9:30-11:30**.

ARTS & LEISURE CLASSES, DEPARTMENT OF RECREATION SPONSORED

The following class(es) will be held at Holiday Park. Pre-registration by mail required. The Summer “Guide to Recreation & Leisure Services” is available in the lobby. It contains course descriptions, fees, and registration forms. To register, mail the form with a check to the Recreation Dept. For information, please call 240-777-6870.

- **LATIN DANCE** - with Gracie Bryan. Begins **Thurs., Sept. 28** from **2:30-3:30**.
- **SHOW DANCE (Performing Group)** - with Frank Robson. Begins **Thurs., Sept. 28** from **2:30-3:30**.
- **VARIETY DANCE (Performing Group)** - with Anne Berk. Begins **Tues., Sept. 26** from **10:00-11:00**.

COMMUNITY SPONSORED CLASSES

- **55 ALIVE** - Sponsored by AARP and provides a brush-up on existing driving skills. Two-day workshop. **Thurs. & Fri., Sept. 28 & 29 from 9:00-1:00.** Fee \$10.00 - check to AARP. **Fri., Oct. 20 & 27 from 9:00-1:00.**
- **COPING WITH HEARING LOSS: The Many Alternatives** – Sponsored and taught by Paula Schauer of the Speech and Hearing Clinic of the U of MD. Held at holiday park. Fee for 8 sessions: \$40.00. Call 301-405-4218 to register or for more information. **Mondays, begins Sept. 18 from 10:00-11:30.** 8 weeks.

ONGOING HOLIDAY PARK PROGRAMS

BEHIND THE HEADLINES WITH FRANK - This drop-in group meets the **2nd & 4th Monday** each month from **10:00-11:30 a.m.** to discuss a wide variety of newsworthy topics.

CARD GAMES:

- **DUPLICATE BRIDGE** - **Wednesdays from 12:45 - 3:30.** The fee is \$3.00 per person. Entries sold upstairs near Room 25 beginning at 12 noon. ACBL sanctioned.
- **PAIRS PARTY BRIDGE** - **Fridays. Sign-up at 12:45 a.m. Play ends at 3:30 p.m. .**
- **PINOCHLE GROUP** - Pinochle players meet on **Monday, Thursday and Friday** afternoons.

COMPUTER LAB - Every **Wednesday, 10 -1**, \$2.00 - purchase ticket at customer service desk. Lab coordinator, Bruce Longyear, is available to address your computer concerns.

GAVEL CLUB - Informal short talks about experiences. **1st and 3rd Mondays, 10-11:30.**

MEDITATION - **Fridays from 1:15-2:30 p.m.** A free drop-in group with participants exchanging leadership.

PHOTO GROUP - Meets first & third **Thursdays from 10:15-11:30.** Everyone welcome.

PING PONG - Holiday Park's one ping-pong table gets a lot of use by very friendly but competitive players. Room 28 is open most every day. Players are asked to limit table play to 20 minutes when people are waiting.

PLANT CARE GROUP - Household plants for purchase and lots of free plant advice. **Tues. & Fri., 9:00-Noon**

RSVP WORKSHOP - **Wednesdays from 10-12.** This **Retired Senior Volunteer Program** group makes a variety of knitted and crocheted items for local hospitals, nursing homes, and children. For information, or to help, stop by the library. Yarn donations appreciated.

SCRABBLE - Meets **Wednesdays** from 1:00-2:30 p.m. with program leader Ray Greene.

WOODCARVING - Meets **Fridays from 1-3.** Drop in. Instruction available. Free.

WRITING WITH FRANK - **Fridays from 10-11:30.** Drop in and listen or share your writings.

CENTER HEALTH & COUNSELING SERVICES

*** The programs/services listed below are all offered at Holiday Park unless noted otherwise.

ASK THE PHARMACIST - The pharmacist is here most **Fridays** from **10-12** to answer prescription or over-the-counter medication questions. No appointment necessary.

BLOOD PRESSURE SCREENING - **Mon. 10-12, Wed. 10-12, & Fri. 10-12.**

COUNSELING SERVICE - Montgomery County Seniors interested in speaking with a social worker regarding personal issues may drop in or make an appointment with Ginger Godshalk who is here on Thursdays from 10:30 until 12:00.

Call **240-777-4449** to schedule an appointment.

HEARING ASSISTED DEVICES CENTER

This program is sponsored by the Speech & Hearing Clinic of the University of Maryland. The next drop-in open houses will be Tues., Sept. 19 & Oct. 17 from 10-noon.

HEARING AIDS, TROUBLE-SHOOTING -

Audiologist Jane Kirksey will be here once a month to help you clean, adjust, and troubleshoot your hearing aid device & discuss any hearing aid related problems you may have. Free, but call 301-946-2434 to make an appointment.

HEARTWELL NURSE - is here Mondays thru Thursdays to discuss heart-related health concerns. Heartwell is sponsored by Suburban Hospital.

LUNG ASSOCIATION EXERCISE GROUP - **Tues. from 11-12.** Physician's permission required. For information call **301-384-9631.**

POSITIVE AGING PROJECT -

Tuesdays at TEN A.M., discussing older adults issues. See Special Programs for more information.



SENIOR INFORMATION AND ASSISTANCE - For info. on County-wide services for seniors, call **240-777-3000**. Appointments usually available here on Tues., Wed. & Thurs. Senior I&A case managers can provide information on housing, health services and transportation.

SENIOR HEALTH INSURANCE PROGRAM (SHIP)

Assists with health insurance claims & in selecting supplemental health insurance. Call **301-590-2819** for appt. A counselor is at Holiday Park on **Weds. from 10-12.** Drop-ins welcome if no one else scheduled.

WIDOWED PERSONS SUPPORT GROUPS - Groups for persons widowed within the last two years. Pre-registration required. Please call **301-949-7398** for more information.

CENTER SERVICES & GENERAL INFORMATION

ACCESS CARDS - Montgomery County Department of Recreation requires Community Center participants to have picture ID's in order to register for MCRD programs and to provide statistical information. People attending activities or meetings at Holiday Park will need to scan their picture Access Card or sign in at our Customer Service Counter. To get this free photo ID, stop by the Holiday Park's Customer Service Counter to pick up a registration form. Most days, we can make your photo ID while you wait.

FINANCIAL ASSISTANCE POLICY - The Department of Recreation offers reduced Recreation fees for lower income residents. If you require financial assistance, see one of the staff.

CAMPBELL'S SOUP LABELS - are being collected for the VFW National Home, an orphanage for the children of deceased veterans. Please bring your labels to the Customer Service Counter.

EYE GLASSES & HEARING AIDS WANTED - These items are collected for organizations which recycle them to people who can't afford them. Please leave in box in lobby area.

FILE OF LIFE - is a program that provides medical information to emergency/rescue personnel in an emergency. File of Life contains emergency medical information attached to a magnet on the front of your refrigerator. These magnets are easily visible and may save rescue personnel valuable time in an emergency. Files are available at the Customer Service Counter.

GAMBLING PROHIBITED - Please remember that gambling is prohibited anywhere in the Holiday Park Senior Center. No exceptions. Thank you for abiding by this county law.

HOLIDAY PARK HI-LITES - To have the newsletter mailed to you, leave a stamped (87 cents), self-addressed long envelope at the office.

HPSI MEMBERSHIP - Holiday Park Seniors, Inc. Special Membership Card allows you to receive reduced rates for all classes and programs as well as entrée to special Holiday Park events. Along with those benefits, the \$15.00 membership card helps to support this flagship senior center. Apply at our Customer Service Counter.



LOAN CLOSET OF MEDICAL EQUIPMENT - Wheelchairs, walkers & other medical equipment avail. for short term loan (**max. of 3 months**).

Call **240-777-4449**. Fee \$5 for most items. Wheelchairs: \$10 a month & refundable \$50 (check) deposit.

MOBILE POST OFFICE - The Mobile Post Office hours are **Tuesdays from 10:30 a.m.-12:30 p.m.**

Take a peek at our new U.S. Postal Service Mobile Service Center.

NOTARY SERVICES - By appointment only, Therapeutic Recreation Office, Fee \$1.

Call **240-777- 4992**. Ask for Phil Smakula.

OPERATING HOURS - Holiday Park is open **Monday - Friday from 9 am - 4 pm. Doors open at 8:45 a.m.**

PROGRAMS & SERVICES - Those that are not directly sponsored by Montgomery County are not endorsed by the Montgomery County Government. Notices are provided solely for your information.

HPSI SCHOLARSHIPS AVAILABLE - HPSI offers scholarships of \$200.00 per year. Scholarships can be used for any class or program sponsored by HPSI. Scholarships are available for those whose income is less than \$19,140.00 per year for one person and \$25,660.00 for a family of two. See staff for an application.

SENIORS WITH DISABILITIES are encouraged to participate in senior programs. Montgomery County is committed to complying with Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 301-468-4540, TTY 240-777-6974.

SPANISH LANGUAGE PROGRAM FLYER - Ask at the Customer Service Counter for a Spanish language program newsletter.



COMMUNITY ORGANIZATIONS MEETING AT THE CENTER

AMC CANCER RESEARCH CENTER - General meeting **Mon., September 11** from **10:00-12:00**.

BATTZION HADASSAH - Next meeting **Tues., September 5** from **10:00-12:00**.

and **Tues., September 19** from **11:00-2:30**.

BIALIK HADASSAH - Meets **Mon., September 11** at **12:30**.

B'NAI BRITH, Wheaton Heritage Lodge - Board meeting **Tues., September 5** from **1:30-3:30**.

CHINESE AMERICAN SENIORS - Meets on the **2nd & 4th Tuesday** from **10:00-12:00**

w/Group Leaders Jean Moy & Patrina Tso.

GOLDEN FRIENDSHIP ASSOCIATION - Next meeting **Fri., October 6** from **12:00-3:00**.

IRANIAN SENIORS - Meets **Fridays** from **11:00-3:00**.

YIDDISH CULTURE GROUP - Meets **Tues, September 26** from **10:00-12:00**.

This Group has been meeting at Holiday Park every other Tuesday for more than 20 years featuring a variety of speakers and occasional entertainers, all with a Yiddish twist. Their founder, Fanny Aisenberg, has decided to give the group an image change and it is now known as the **Yiddish Culture Club**.

Call Fanny Aisenberg for program information **301-649-7472**.

For more info. on groups meeting here, leave your name and number at the front office.

COMMUNITY RESOURCES FOR SENIORS

ADVANCE DIRECTIVE FORMS - In the Office of the Attorney General, Phone **301-470-7534** or E-mail libr@mlis.stone.md.us. Download: www.oag.state.md.us/healthpol/index.htm.

ENERGY ASSISTANCE - With the spiraling costs of energy, if you or someone you know is having difficulty in paying an energy bill, a new Maryland program (the Electrical Universal Service Program) could provide much needed assistance. Call toll-free at 1-800-352-1446 or 1-800-925-4434 (TTY for hearing impaired) for an application or for more information.

PHARMACY ASSISTANCE - The State of Maryland provides pharmacy assistance to senior citizens based on yearly income and household size. For forms and info. call **1-800-492-1974**.

LEGAL SERVICES - are available free to seniors, age 60 and over. Legal Aid Bureau services include:

- * Medicare, Medicaid, Social Security
- * Evictions, Public Housing
- * Services for Homebound
- * Individual rights & other legal issues.

Call **301-560-2100** or **2101** on **Mon., Tues., Thurs. and Fri. between 2-4 p.m. only**. For assistance with wills call the Maryland Senior Legal Hotline at **1-800-999-8904** between **8:30 - 4:30** and ask for the low income 60 Plus Will Program.

MARYLAND RELAY SERVICE - Connects telephone conversations between people who can hear and those who are deaf or hard-of-hearing. For information call **1-800-735-2258**.

FINGER TIP GUIDE

Adult Education 301-929-2025
Aging and Disability Services 240-777-3000
Commission on Aging 240-777-1120
Dept. of Recreation Classes 240-777-6900
HHS Information Line 240-777-1245
Hol. Park Nutrition 240-777-4961
Marg. Schweinhaut Sr. Center 301-681-1255

Montg. Co. Information 240-777-1000
Nutrition 240-777-3810
Rockville Senior Center 240-314-8800
RSVP 240-777-2610
Sports, Dept. of Recreation 240-777-6870
M.C. Sr. Programs Ofc. 240-777-4925
SOAR 240-777-4926

Holiday Park Front Desk.....240-777-4449

LUNCH NEWS

The Montgomery County Senior Nutrition Program

Melanie R. Polk, MMSc, RD, FADA, Nutritionist


Holiday Park Center Kitchen Manager Mary Dowling & Lunch Site Manager Helen Horton

- Lunch and bus **reservations MUST** be made at least two working days in advance. **Cancellations** may be made directly with the Site Manager, or you may call 240-777-4961 (please note changed number)
ONLY Monday thru Friday. Messages can be taken on that number.
- Cost of the meal is **\$4.38**. For persons age 60 and over and spouse of any age, a voluntary contribution is requested. Contributions are used to purchase more meals. Please contribute as much as possible.
- There is no saving of tables or chairs. Any personal items placed on tables/chairs prior to 11:00 am will be removed.
- Milk, coffee or tea is served with every meal. All meals are made without adding fat or salt; gravies are fat-free, soups made from scratch. Fruit is available in place of rich desserts. 1% fat or skim milk is available.

SEPTEMBER 2006 MENU

Lunch is served Mon. - Fri. at 12 noon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Check out your local farmer's market, there's still time! Stop by and pick up your favorite fresh fruits and vegetables. For info on locations call 240-777-3810.				1-Chicken Patty on Bun
4..... 	5-Breaded Scrod	6-Spaghetti w/Meat Sauce	7-Minestrone Soup Cottage Cheese Dish	8-Honey-Mustard Chicken
11-Baked Scrod	12-Turkey Tetrazzini	13-Hamburger on a Bun	14-Baked Rigatoni	15-Veg/Bean Soup Chicken Sandwich
18- BBQ Beef on a Bun	19-Casserole Spinach-Cheese-Rice	20- Tomato Soup Tuna Rotini Salad	21- HotOpenFace Turkey Sandwich	22-BBQ Chicken
25-Chicken Chow Mein	26-Broccoli Soup Turkey Sandwich	27- Vegetarian Lasagna	28- Salisbury Steak	29-Baked Scrod



TRANSPORTATION INFORMATION



RIDE FREE ON RIDE-ON BUS - 9:30 am to 3:00 pm, Monday thru Friday. Seniors & people with disabilities. Seniors must be 65 years and older and have a valid Metro Senior ID card or Medicare card with photo ID. Persons with disabilities must have a Metro Disabled ID card.

Applications are available at the Holiday Park Customer Service Counter.

BUS TOKENS - If you are income eligible, you may receive tokens to take the Ride-On or Metro Bus **to & from Holiday Park only**. If you are on Medicaid, eligible for Surplus Food, or have a financial problem and feel you need tokens, speak to the staff. Tokens are issued from 9 a.m.-1:15 p.m.

CALL - N - RIDE - This County sponsored program offers subsidized taxi trips for low income seniors. Seniors may purchase up to two monthly \$50.00 value coupon books at a reduced rate based on income. Individuals with income up to \$20,000 per year are eligible. Call **301-948-5409** for more info. and/or to have an application mailed to you.

ACCESSIBLE PARKING APPLICATIONS FOR PEOPLE WITH DISABILITIES - Avail. at the Customer Service Counter.

METRO ACCESS provides curb-to-curb service for persons with disabilities who cannot use regular public transportation and have been certified eligible. A guide to Metro Access and applications will be sent to you by calling **301-562-5360**.

TRANSPORTATION TO HOLIDAY PARK

There is limited transportation available. If you or someone you know needs transportation to Holiday Park, leave your name, address, & phone number at the Customer Service Counter and you will be notified when your application has been processed. The para-transit bus serves specific communities generally within a 2_-3 mile radius of Holiday Park.

Upcoming... October 2006

Programs begin at **1:15 p.m.** unless otherwise noted.

* A fee and/or **pre-registration is associated with this program.

<u>art:21-</u> A digital video (DVD) presentation.....	Mon., Oct. 2
Through the works of today's intergenerational and multi-cultural artists we can learn the breadth of artistic practices across the United States.	
<u>EMPIRE FALLS</u> , Part 1 - This 2005 movie is based on the bestseller by Richard Russo.....	Tues., Oct. 3
How do some of these characters compare with the people you know?	1:15-3:15 p.m.
<u>DON PASQUALE</u> - Irv Nurik's choice for his 3 rd in a series of Opera Comedy favorites 1:15-2:30.	Wed., Oct. 4
<u>EMPIRE FALLS</u> , Part 2 -	1:15-3:15 P.M. Thurs., Oct. 5
*<u>BINGO</u> - \$1.00 fee for two cards. Fun w/ Nutrition Site Manager Helen Horton & volunteers	Fri., Oct. 6
<u>IBSEN AND HITLER</u> - Author Steven F. Sage, Ph.D. will talk about Ibsen's influence on Hitler	Mon., Oct. 9
<u>CREATING NEW CONNECTIONS</u> - Lecture & discussion with psychologist Carol Juran, Ph.D.	Tues., Oct. 10
<u>BARBER OF SEVILLE</u> - A DVD <i>Opera Comedy with Irv Nurik</i>	Wed., Oct. 11
<u>OPTIMIZING SIGHT & SOUND</u> - Vision screenings, exhibits and lots of information.....	Thurs., Oct. 12
Tips on <i>Staying Connected</i> by Dr. Lisa Lyles DeLeon of Washington Speech and Hearing, and Dr. Garry Griswold of the National Retina Institute. Sponsored by the Prevention of Blindness Society and Sibley Hospital.	
*<u>DANCE CLUB FRIDAY</u> - FEE: \$4.00, \$3.00 w/ HPSI card at the door. Music by Mark Hanak	Fri., Oct. 13
<u>CROATIA</u> - A slide travelogue by Roger Langsdorf.....	Mon., Oct. 16
<u>LEWIS AND CLARK</u> - A digital sound presentation by Dr. Paul McDermott.	Tues., Oct. 17
<u>LIBERTY AND SECURITY IN AMERICA</u> - Mel Goodman, Ctr. for Internat'l Policy, Wash.DC	Wed., Oct. 18
<u>A-VOIDING ISSUES</u> - Dr. Mark Rosenblum (Suburban Hosp) on treatments for bladder leakage	Thurs., Oct. 19
<u>SINGER/PIANIST DEENA JAVOR</u> - FREE.....	Fri., Oct. 20
<u>THE OTHER BOLEYN GIRL</u> - A book talk with Bethesda librarian Linda Goldsmith.....	Mon., Oct. 23
<u>ARTHRITIS AND PAIN MANAGEMENT</u> - Sponsored by Holy Cross Hospital	Tues., Oct. 24
<u>PERSONAL PROPERTY INVENTORIES</u> - by Susan Morris, Cooperative Extension Service.....	Wed., Oct. 25
<u>THE COUNT OF MONTE CRISTO</u> - A 2002 DVD presentation of the movie classic.	Thurs., Oct. 26
*<u>DANCE CLUB FRIDAY</u> - FEE: \$4.00, \$3.00 w/ HPSI Card. Music by John Brown Band.....	Fri. Oct. 27
<u>A CEMETERY SPECIAL</u> - A PBS VHS presentation about this popular 19th c. tourist attraction	Mon., Oct. 30
*<u>HAPPY HALLOWEEN & HOLIDAY PARK 25th ANNIVERSARY KICK-OFF</u>	Tues., Oct. 31
Music by The Dale Jarrett Trio . Tickets required. FEE: \$3.00, 2.00 w/ HPSI card available October 3.	

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